

Gill Carrie

for the love of Hair. Hormones. Homeopathy. Healing.



ROOTED IN HAIR. EVOLVED IN HEALING.

Gill's first love was hairdressing — a young entrepreneur and educator at 19, growing four salons and becoming an early recipient of the Investors in People Award. Over the years, she has worked as an educator, lecturer, assessor and verifier, coaching and mentoring others in both skill and care. Alongside this, Gill trained professionally in homeopathic medicine — a natural progression after a lifetime of living it — that deepened her practice as an integrated therapist. Today, Gill specialises in advanced holistic programmes for hormonal health, trauma recovery and nervous system healing through a deeper energetic lens — combining salon expertise with whole-person wellness. Gill's work is rooted in the belief that how you *feel* is just as important as how you *look* — care that honours both.

GUIDED BY WHAT MATTERS MOST

Your Hair, Hormones, Healing, Energy — Trauma's Impact on your Mind, Body & Spirit.

THERAPEUTIC SERVICES & SPECIALIST CARE

Homeopathic Medicine · Human Chemistry Integrated Therapy · Detoxing & Balancing Therapy · Organ, Orthomolecular & Biochemical Support · Hereditary & Ancestral Patterns · Bach Flower Remedies · Root to Soul Specialist Series · Reiki · Holistic Health Coaching · Life/Style Management · Bespoke & Restorative Haircutting, Colour & Styling · Therapeutic Haircare · Holistic Salon, Clinic & Retreat Collaborations

ROOT to SOUL SALON EXPERIENCE

All salon services are delivered with specialist care — blending technical precision with holistic attention to how you feel, inside and out.

STYLE DRY & FINISH

A polished, elevated finish tailored to your hair's natural movement and your personal aesthetic.

STYLISH PIN UP

Sophisticated, sculpted styling for special occasions — timeless or fashion-forward.

DESIGNER CUTTING

Precision cutting designed to flatter, define and enhance your natural form.

CREATIVE COLOUR

Bespoke colour artistry — enhancing tone, texture and individuality with expert finesse.

COLOUR CORRECTION

Advanced colour refinement to restore depth, balance and tonal harmony.

SMOOTH & STRAIGHT

Sleek, refined smoothness with a high-gloss finish — tailored to your hair's unique texture.

FASHION WAVING

Luxury texture and movement — from soft, modern waves to full-bodied shape.

LONG HAIR

Specialist care to support growth, strength and the health of long hair, with therapeutic insight.

All services are available for natural hair — plus wigs, hairpieces & extensions.

ROOT to SOUL CLINIC CARE

All programmes are supported with homeopathic remedies, where appropriate — blending natural medicine with salon and clinic expertise.

DETOX & BALANCE

A gentle reset for hormones, skin and scalp — guided by clinic care and homeopathy.

CLEANSE & NOURISH

Therapeutic support to calm inflammation and replenish skin, scalp and energy.

CALM & RESTORE

Relieves stress and nervous system tension — supporting emotional and hormonal balance.

GLOW THERAPY

A rejuvenating skin therapy to soothe, restore and awaken your natural radiance.

ROOT REVIVAL

Specialist care for hair loss, growth, scalp health and restoring the strength and vitality of your hair.

BODY HARMONY

Care for body image, metabolism and hormone-related weight changes — naturally supported.

SLEEP RESET

A restorative programme for deep sleep, nervous regulation and hormonal rhythm.

EASE & RELIEF

Gentle, personalised care to ease pain, discomfort & support the body's natural healing.

Coaching & Mentoring sessions available — for you personally, or for your salon/practice

Root to Soul is carefully created by Gill Carrie — a specialist in hair, hormones, homeopathy and holistic healing — with care that honours how you feel as much as how you look

CONSULTATIONS

CLARITY CALL

to explore your healthy possibilities

| *complimentary

CONSULTATION

we begin here for

- **HAIR & SCALP HEALTH** | Hair Condition | Loss & Growth | Scalp Sensitivities | Styling Advice & Coaching
- **SKIN & ALLERGIES** | Skin Conditions | Inflammatory Skin | Allergic Reactions | Sensitive Skin | Confidence
- **HORMONAL HEALTH** | Menstrual Balance | Libido & Fertility | Pregnancy & Postnatal | Perimenopause & Menopause
- **BODY & WEIGHT** | Body Image | Holistic Weight Management | Vitality & Metabolic Support | Nervous System Care
- **EMOTIONAL & ENERGETIC** | Anxiety | Fatigue | Burnout | PTSD | Trauma | Addiction | Hereditary & Ancestral Patterns
- **HOLISTIC AESTHETICS** | Natural Rejuvenation | Skin Radiance | Healthy Ageing Support | Inner Glow | Sleep Health

| £75

PROGRAMMES & PRESCRIPTIONS

5 STEP PLAN

Personalised Hair Programme

| £25

REMEDY KITS

Personalised Homeopathy Kits *from*

| £25

ONGOING SUPPORT

Personalised Maintenance Plan *from*

| £25

CHAKRAS

Root to Soul, Colour Flow Programme

| £50

MEDITATION

A Meditative Remedy Experience

| £50

COACHING

Session, for You, Your Salon or Practice

| £50

SALON & CLINIC

STYLE DRY & FINISH

| £50

STYLISH PIN UP

| £50

DESIGNER CUTTING

| £50

CREATIVE COLOUR

| £50

COLOUR CORRECTION

| POA

SMOOTH & STRAIGHT

| £50

FASHION WAVING

| £50

LONG HAIR

| £50

INCLUDING for WIGS, HAIRPIECES & EXTENSIONS

DETOX & BALANCE

| £50

CLEANSE & NOURISH

| £50

CALM & RESTORE

| £50

GLOW THERAPY

| £50

ROOT REVIVAL

| £50

BODY HARMONY

| £50

SLEEP RESET

| £50

EASE & RELIEF

| £50

+RECOMMENDATIONS with OTHER TRUSTED PRACTITIONERS

BOOKING & AVAILABILITY

BEGIN WITH A CONSULTATION

Your Personalised Care Begins Here—Everything Flows From This First Step

YOUR CARE, IN 3 STEPS

1 Consultation | 2 Personalised Programme | 3 Ongoing Support

APPOINTMENTS by ADVANCE BOOKING

FRIDAY | SATURDAY | SUNDAY | 09:00-18:00

gillcarrie.com | gillcarrie@me.com | 00 44 7870 144 976

Carefully created by Gill Carrie — for the love of Hair, Hormones, Health & Homeopathy

for **Your Personal Notes**

